

# HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

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**"We Know Health Matters"**,  
CHD's show on Citicable,  
Time Warner Ch. 23.

## Playback Times


Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.


Also available online on Vimeo




If you have anything you would like to  
share in the newsletter please send  
information to Marla Fuller at  
[marla.fuller@cincinnati-oh.gov](mailto:marla.fuller@cincinnati-oh.gov)

CHD= Cincinnati Health  
Department

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Department

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## Brrrr... Winter Weather Is Here. Are You Prepared?

When the weather plummets into the single digits, most of us want to do nothing but stay in bed under the covers. And for good reason: with extreme cold weather comes health hazards like frostbite, seasonal affective disorder and even an increased risk of heart attacks. Before you hibernate until Spring, there are a few steps you can take to keep yourself and others healthy, warm and safe.

Remember to:

- Eat well balanced meals and avoid alcohol.
- Limit skin exposure to the extreme cold, avoid extended periods of exposure.
- Wear proper clothing including a hat and scarf, snug-fitting sleeves and several layers of dry clothing.
- If you suspect a problem with frostbite or hypothermia, you should seek medical care, especially if body temperature is below 95 degrees.
- Never use a gas range or outdoor heating appliances for heating indoors. Without proper ventilation, they can cause a buildup of carbon monoxide.
- Keep pets indoors as much as possible. When you return from a walk, wipe salt off their paws.

The elderly, young children, adults under the influence of alcohol and the mentally ill are some of the most at risk for hypothermia, which is an abnormally low body temperature. It can affect the brain and make the victim unable to think clearly or move well. Shivering, exhaustion, confusion, memory loss, slurred speech and drowsiness are all warning signs. Frostbite, results in a loss of feeling and color in affected areas such as the nose, ears, cheeks, chin, fingers or toes.

*(Continued on page 4).*



## Commissioner's Corner



As we close out 2016 and as 2017 begins, it seems like a great time to reflect on what we've accomplished, the journey we've taken to get to where we are, and our plans as an organization. I want to express my appreciation for the work you do as a Cincinnati Health Department employee to serve our community. Thank you!

The year 2016 was a time of growth, change and transition. In 2017, we will be completing and submitting our application for national accreditation. The Board of Health has voted for me to serve as Health Commissioner through the accreditation process and I am fully committed. The initial accreditation team completed the pre-application process, and our department has been approved to complete and submit our application by the end of 2017.

The accreditation work done to date has resulted in our Community Health Assessment (CHA), our Community Health Improvement Plan (CHIP) and our Department Strategic Plan. I want to express appreciation to our staff, members of our Board of Health, members of our City of Cincinnati Primary Care Board, and our community partners that worked to make the initial part of the workplan successful. As we are assembling the documentation of our work and making necessary changes to our processes, we will ask for participation in the work groups since accreditation involves all of us and all the work we do.

Initial accreditation approval begins a permanent process of annual reports with reaccreditation every five years. Accreditation will make us a stronger organization by ensuring we are doing the right work, providing necessary documentation of that work, and making needed changes to ensure we achieve the outcomes we have established.

We are making strides in achieving our strategic goal of transforming our service offerings into core competencies, and better serving our community. We are working to improve our reputation as a trusted partner to our customers. And, we want our reputation for excellence to spread to other areas within our community. In a nutshell, that's our 2017 goal.

We know that because of the efforts of our phenomenal team, we not only survived 2016 but thrived. We want 2017 to be even more successful for our organization and for staff individually. It's an incredible feeling to know that when I go out to the community, there's no way I can oversell the competency and commitment of the dedicated staff at CHD.

I also want to say how pleased I am with the City's decision to provide across the board increases in pay. That is well deserved and overdue for employees. Thank you for all you do. I share with you the goal to strengthen our public health department and our impact on the community's health.

## Season of Giving

- Donate today through December 14th to the West End Emergency Center! Personal hygiene & toiletry items, household cleaning & laundry supplies, pillows & blankets and gift cards of any kind are needed. *The West End Emergency Center has been serving the Cincinnati community since 1984 by providing human services to encourage self-sufficiency and independence. City of Cincinnati Staff that would like to donate can send items via interdepartmental mail in care of 'WEEC' or give directly to Ms. Renée Davis, Health Department (x7218).*
- The United Negro College Fund Workplace Giving Campaign has officially begun! Employees can donate by a payroll deduction or through a single payment. Questions can be directed to Ms. B.A. Dixon, Human Resources (x7438).

## VITAL RECORDS – Ordering is easy!

The Cincinnati Health Department's (CHD) Vital Records Office has made it easier and more convenient for Cincinnati residents to obtain certified birth and death certificates. CHD, in partnership with AdComp Systems Group, is the first in the state of Ohio to offer self-service kiosks for citizens to order their records independently, at any time.

"Adopting new technologies, such as the kiosks, can provide better services to residents and reduce operating costs," said Tunu Kinebrew, Director of the Cincinnati Vital Records Office. "The kiosks are also bilingual for Spanish, a feature that will enhance services to the Hispanic community."

Kiosks are in operation at the Seven Hills WIC Office, UC Medical Center, Ambrose Clemet Health Center, in addition to the existing location at the Elm Street Health Center.

The process to order a certified copy of a birth or death certificate is simple; Enter, Pay, Go! Simply enter your information on the touch screen, pay for your certified birth or death certificate and go. Your certificate will be mailed to you if a staff member is not on site.

A certified copy of a birth certificate is \$22 and a certified copy of death certificate is \$27, all major credit cards are accepted for an additional \$1.95 credit card fee.

For more information about obtaining a certified birth or death certificate from the Cincinnati Health Department Vital Records, call 513-352-3120, or visit [www.cincinnati-oh.gov/health](http://www.cincinnati-oh.gov/health).

### Vital Records Locations:

#### Seven Hills

10950 Hamilton Ave  
Representative on site  
Tuesday and Thursday  
8:00am-4:00pm  
Closed 12-12:30

#### University Hospital

234 Goodman Street (behind information desk)  
All certificates will be mailed  
Sunday-Saturday 6am-9pm

#### Ambrose Clement Health Center

3101 Burnett Ave  
All certificates will be mailed  
Monday – Friday 8am-5pm

#### Elm Street Health Center

1525 Elm Street 1<sup>st</sup> Floor  
Monday – Friday 8am -4pm

## BOARD OF HEALTH NEWS

### *Tim Collier, RN, UC Medical Center Named Board of Health Chair*

Congratulations to Tim Collier who has been named the new Chair to the Board of Health. Collier previously served as vice chair alongside former board chair Malcolm Timmons. CHD thanks both individuals for their dedication, and service.

"I would like to thank the Board of Health Members for the opportunity to represent and lead as their Chairperson. Our great city is faced with many challenges of Health disparity and concerns of equity among its citizens. This Health Department has met these challenges with overwhelming successes. I look forward to the task of uniting and supporting the various entities that make this Cincinnati Health Department the great place we've come to appreciate. Again, thank you and be healthy in all that you do!" -- *Tim Collier, RN, Board of Health Chair*





## WINTER STORM PREPAREDNESS

While the danger from winter weather varies depending on where you live, nearly everyone is likely to face some type of severe winter weather at some point in their lives. Many winter storms are accompanied by dangerously low temperatures and sometimes bring strong winds, ice, sleet and freezing rain, or a combination of these conditions.

Regardless of the severity of a winter storm, plan now to be able to stay where you are when the storm hits. This means having basics supplies of food and water in several locations, including in your home, vehicle and workplace. Be sure to listen to weather forecasts and check your emergency supplies.

### Winterize your home:

- Install a smoke detector and a battery-operated carbon monoxide detector. Test the batteries each month and replace them twice a year.
- Insulate walls and attic and any water lines that run along outer walls so they are less likely to freeze.
- Caulk and weather-strip doors and windows.
- Install storm windows or cover windows with plastic from the inside.
- Service all snow-removal equipment.
- Repair roof leaks and cut away tree branches that could fall on your home or other structure during a storm.
- Have your chimney or flue inspected each year.

### In your vehicle:

You can avoid many dangerous winter travel problems by planning ahead. Have maintenance service on your vehicle as often as the manufacturer recommends. In addition, every Fall, do the following:

- Have the radiator system serviced or check the antifreeze level yourself with an antifreeze tester. Add antifreeze as needed.
- Replace windshield-wiper fluid with a wintertime mixture.
- Replace any worn tires, make sure the tires have adequate tread, and check the air pressure in the tires.
- During winter, keep the gas tank near full to help avoid ice in the tank and fuel lines.



Keep a **Winter Survival Kit** in your car that includes: a shovel, windshield scraper and small broom, flashlight with extra batteries, water, snacks, matches and small candles, extra hats, socks and mittens, a first aid kit with pocket knife, necessary medications, blankets or sleeping bag, tow chain or rope, road salt, sand, or cat litter for traction, booster cables, emergency flares and reflectors, fluorescent distress flag and whistle to attract attention, and cell phone adapter or charger.